

**Lie**

I didn’t do it

**Rage**

You always blame me

I’m rubbish

**Blame**

Its his fault

Children who quickly experience shame that they cannot regulate will find it difficult to trust and will be oversensitive to signs that they are not good enough, that they are bad. As these children experience increased stress, they draw away from the relationship. Becoming controlling instead

Regulate the shame that the child is experiencing by:

Provide emotional support with a focus on the relationship. A focus on behaviour (correction) strengths the shield. A focus on their experience underlying the behaviour will weaken it (connection).

**Minimise**

It wasn’t so bad

Shield against Shame (Golding & Hughes, 2012)